

# ABUSE.

IT CAN BE PHYSICAL.

IT CAN BE EMOTIONAL.

IT CAN BE SEXUAL.

Abuse is about one person controlling another. It's a pattern of behavior. Many women don't think of themselves as being "battered" because they haven't been hit. Think about some of the following questions and see if you may be abused. (You don't have to answer "Yes" to all of them to have been abused.)

*This list was made up by women who had been abused.*

yes / no

- ☐ ☐ Have you been hit? Choked? Slapped? Pushed? Bitten? Burned? Grabbed?
- ☐ ☐ Has your partner used a weapon against you? Or threatened to?
- ☐ ☐ Has your partner used an object to hit you?
- ☐ ☐ Has your partner threatened to beat or have sex with your children unless you do what he says?
- ☐ ☐ Has he forced you to have sex?
- ☐ ☐ Has your partner discouraged you from taking classes? Getting a job?
- ☐ ☐ Has he threatened you at work?
- ☐ ☐ Does he keep or take your paycheck against your wishes?
- ☐ ☐ Does he not let you take the car?

yes / no

- ☐ ☐ Does he make it hard for your friends or family to visit you?
- ☐ ☐ Does he make you tell him where you have been?
- ☐ ☐ Does he regularly call you names?
- ☐ ☐ Does he say no one would ever want you if you left him?
- ☐ ☐ Do you change what you want to do because you're afraid of his temper?
- ☐ ☐ Are you afraid if you left him he would kill you? Or himself?
- ☐ ☐ Has he made you commit a crime? Use drugs or alcohol against your will?
- ☐ ☐ If he hits you, does he act sweet and loving afterward? Say he's sorry? Cry? Buy presents? Want sex?
- ☐ ☐ Does he act like two different people?

## WHO IS AN ABUSER

Abusers can be charming and pleasant people when you first meet them. They may continue to be this way in public, while being abusive when you are alone. The following are warning signs. There is no sure way to identify a batterer.

yes / no

- ☐ ☐ Is he very jealous?
- ☐ ☐ Does he want to know where you are every minute?
- ☐ ☐ Does he drive away your friends and family?
- ☐ ☐ Does he have extreme highs and lows?
- ☐ ☐ Is he cruel to animals?
- ☐ ☐ Has he hit a former partner?
- ☐ ☐ Does he believe you belong to him?
- ☐ ☐ Are you afraid of him when he's angry? Does he say he can't help losing his temper?
- ☐ ☐ Did he grow up in a violent family?

Call the National Domestic Violence Hotline **1-800-799-7233** (TDD line 1-800-787-3224) 24 hours a day for information about the domestic violence program in your area. It's confidential and free.

## HELP IS AVAILABLE.

There are 45 domestic violence programs located in communities throughout the state. These programs help families affected by domestic violence, provide education and training on domestic violence, and work with the criminal justice, legal, medical, public and mental health, and social service agencies to address domestic violence in their community. Their services to victims are free.

## SERVICES INCLUDE:

24 hour crisis intervention services • information about domestic violence • assistance with planning for your family's safety • crisis counseling • support groups • information about legal options (including prosecution and how to get a personal protection order) • emergency shelter (including temporary shelter, food, and clothing) • information and referral to other programs that can help with legal need, financial need, and finding new housing • referrals to treatment programs for abusers

John Engler, Governor

Michigan Domestic  
Violence Prevention  
and Treatment Board  
**FAMILY  
INDEPENDENCE  
AGENCY**  
Douglas E. Howard, Director

Michigan Department  
of Community Health  
**MDCH**  
James K. Haveman, Jr., Director



Anne Norlander, Chairwoman  
Martha Truscott, Executive Director

## WHAT YOU CAN DO TO BE SAFE.

There are many steps you can take if you feel you're in an abusive relationship. Here are a few to help you protect yourself and your children.

Call 911 if you're in immediate danger. If you don't have a phone, try to arrange a signal with neighbors so that they can call police. New laws require police to do an investigation and make an arrest.

Get medical help. If you've been injured, go to an emergency room, urgent care unit or your doctor. Medical records can be important evidence. If you're pregnant and you've been beaten in the stomach, tell the doctor. Medical records are supposed to be confidential and are not to be given to anyone but you.



Get support from family and friends. Tell your family, friends and co-workers what has happened. Don't try to hide what is being done to you. Ask for what you need.



Call a domestic violence program. They provide 24-hour crisis intervention services. They can provide information about domestic violence, your legal options, including prosecution or how to obtain a personal protection order. They offer counseling and support groups. They can help you develop a plan to keep you and your family safe.

Think about moving out. It's a big step. It's not fair. You should not be the one who has to leave home, but sometimes the only way to be safe is to leave. Call a domestic violence program. They can help you relocate. They can provide emergency shelter, food, and clothing for you and your family. They can also access other services to help you change the patterns in your life that are making abuse possible.

## MAKE A SAFETY PLAN.

*Here are some things to keep in mind when you think you may be assaulted again.*

### WARNING: VIOLENCE MAY GET WORSE WHEN YOU TRY TO LEAVE OR SHOW SIGNS OF INDEPENDENCE. TAKE SPECIAL CARE.

- ✓ Try to figure out warning signs that come before an assault. Drinking, drugs, pay day, a bad day at work, etc.
- ✓ Are there physical signs? Clenched fists, threats, a red face, throwing things?
- ✓ Try to get out or get help before anything happens.
- ✓ Are there weapons in the house? Can you remove them? Lock them up?
- ✓ Can you signal the neighbors? Can your children learn to call the police?

- ✓ How will you get out of the house? Set a routine of walking the dog, getting a paper or taking out garbage so that it is normal for you to leave the house for a short period of time.
- ✓ Your children. Send children to a friend or relative or take them with you.
- ✓ Take ID and documents. Driver's license, State ID card, custody papers, DSS identification — any pictures of your bruises or injuries and any papers you think you may need.

### ONE HIT. TOO MANY.

To find out more about domestic violence or to get info about programs or counseling, call Call the National Domestic Violence Hotline **1-800-799-7233** (TDD line 1-800-878-3224) 24 hours a day for information about the domestic violence program in your area. It's confidential and free.

Derived from the SURVIVORS HANDBOOK, produced by the Domestic Violence Project of Ann Arbor

**Safety tips  
for you and  
your family.**